



# Fruits of the Midwest - A Cookbook and Guide from Harvest to Table

Debbie Wilsdorf

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Many consumers are rediscovering the superior flavor, nutritional quality, and wholesome goodness of fresh locally grown fruit from their own garden, a Farmer's Market, or picked fresh from a local U-pick farm. "Fruits of the Midwest - A Cookbook and Guide from Harvest to Table" has been written to answer the questions many people have about how to harvest, handle, store, and preserve fresh fruits commonly grown in the Midwest. Written in an easy to use format, with individual sections devoted to apples, blackberries, blueberries, cherries (sour), peaches, pears, raspberries, strawberries, and more, it provides help, information, and over 250 kitchen-tested fruit recipes. Additional sections address canning and freezing basics, jam and jelly making, and information on ingredient substitutions/equivalents and pan size/volume comparisons. The author operates a U-pick berry farm in Missouri where her customers frequently ask for the types of information and recipes provided in this book.



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